

# Simplifying Autism Improvement and Recovery

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# Introduction

- We have people recovering from autism, but it's still challenging
- Acknowledge the complexity, but look for simplifying concepts
- Categories, steps & sequence
  - I had success, but did it all backwards
  - It was harder than it needed to be
- All the information I wish I had known
- No need to take notes: [clv.us/autism-simple](http://clv.us/autism-simple)
  - Booklet

# My Background

- Two boys on the spectrum
- Experienced environmental illness myself
- Troubleshooter, engineer & software designer
- My job was to make complex things simple & clear
- Autism & environmental health funder
  - Access to some of the best researchers & leaders

# Our Family's Story



- Stacy and Peter with Max (4) and Jack (6)
- Goal – just wanted the kids to reach their potential.

# Today

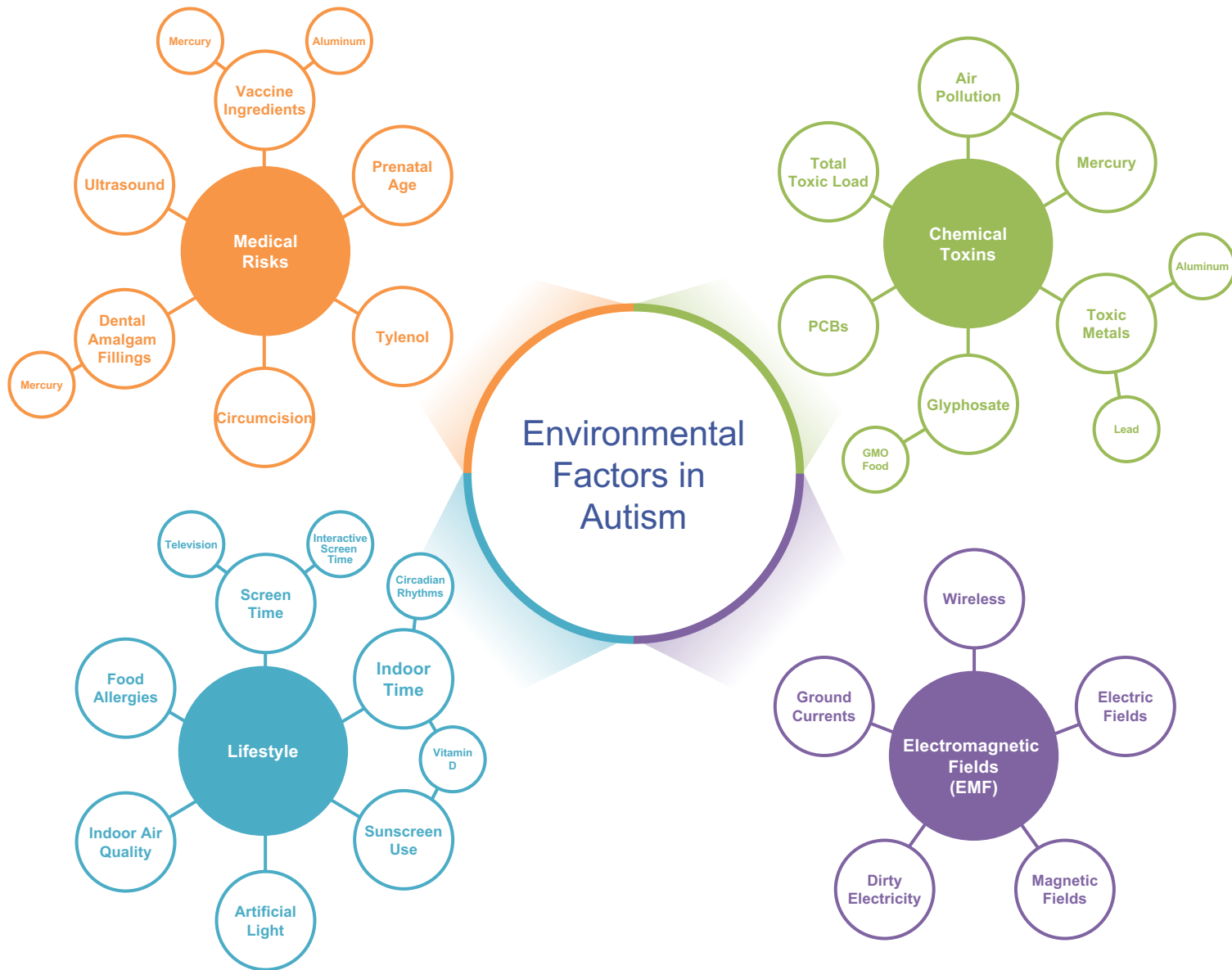


- Jack (21) just graduated from UC Berkeley - Grad School
- Max (19) will be a sophomore at UC Berkeley - Data Science
- I'm back to a healthy weight and sleeping well
- I want that for every family living with autism

# The Complexity of Autism

- Over 1,000 genes associated with autism
- Uninherited mutations (de novo mutations)
- Wide array of behavioral and biological symptoms
- Numerous environmental risk factors



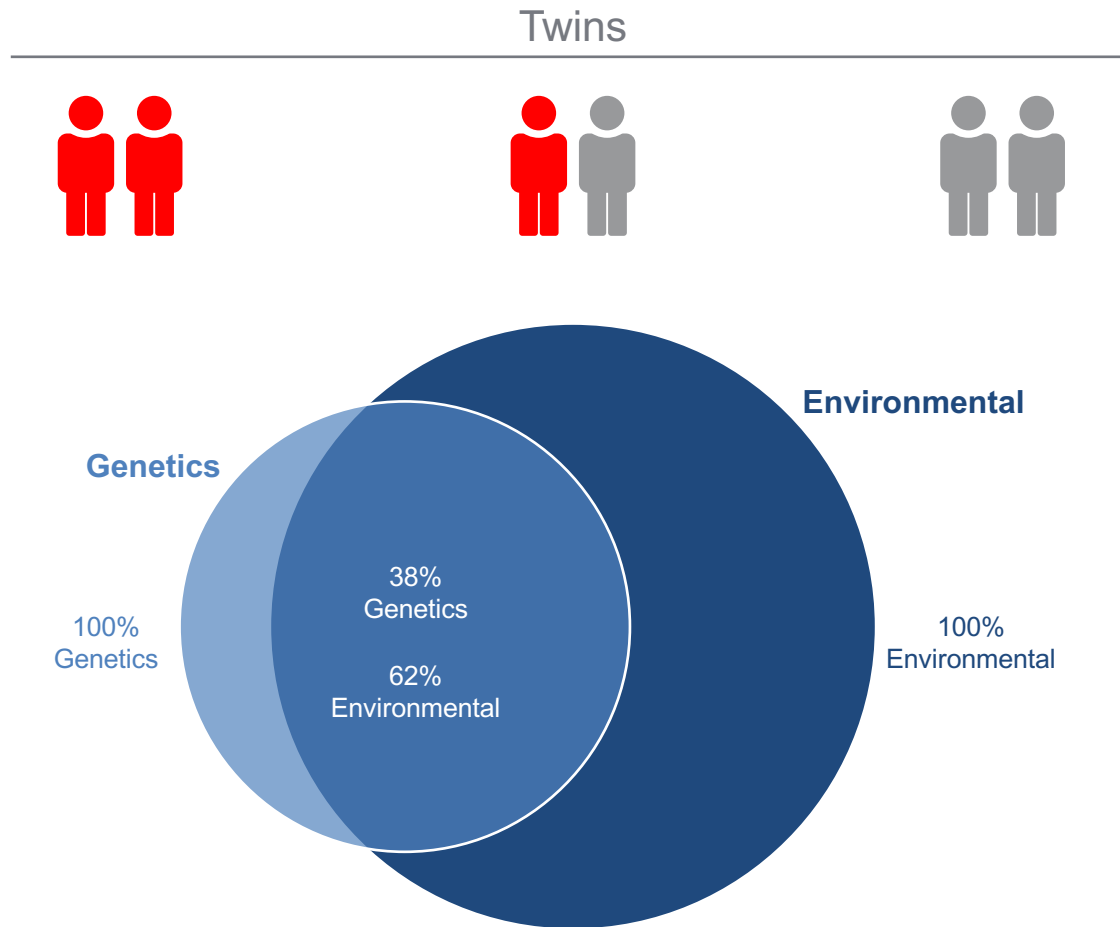


# Dead Ends

- Thinking autism is a lifelong condition
- Addressing only behavioral or sensory levels
- De novo mutations in autism are random or from aging dads
- Something bad that happened in the past
- Not addressing the current environment



# Autism: Genetics & Environment



# Total Load – Balloon Model

THRIVING

## BODY

- Melatonin
- Glutathione
- Healthy gut
- Healthy mineral balance
- Strong immune system
- Balanced physiology

## ENVIRONMENT

- Therapeutic activities
- Sunlight
- Time in nature
- Play
- Friends
- Love



THRIVING

- Inflammation
- Gut health
- Poor nutrition
- Low minerals
- Low melatonin
- Oxidation
- Disrupted circadian rhythms
- Poor sleep
- Toxin load
- Weak immune system
- Infections

### Stuck In

- Fight
- Flight
- Freeze

- Wireless
- Mercury
- Aluminum
- Glyphosate
- EMF
- Total toxins
- Antibiotics
- Depleted soil & food
- Tylenol
- Screen time
- Artificial light

SURVIVING

# A Reason to Hope

- Timothy syndrome (calcium channel)
- Most common genetic pathway of 667 genes:
  - Calcium signaling
- Intracellular calcium is linked to the major biological symptoms in autism.
- Martin Pall's Talk: "EMFs and Chemicals as the Two Main Drivers of the Autism Epidemic: Mechanism of Action"

# Intracellular Calcium

## Calcium Channel

- Voltage gated
- Genetics variations
- Tuned by metal ions (both good minerals and harmful toxins via MIDAS) and other factors

## NMDA Receptor

- Glutamate
- Reward
- Addiction
- Over activated by chemical toxins

## Normal – Very Low Calcium

- Calcium is an excite signal

## Excess Calcium (Ca<sup>+2</sup>)

- False signaling (EMF)
- Free radical damage
- Inflammation
- Excitotoxicity

## Cell Membrane

- Epigenetics
- Protect cell
- Voltage
- Lipids (fats)

## Cell Danger Mode

- “Electron stealers”
- Infections, toxins
- EMF

# A Clearer Definition of Autism?

- Autism or autism spectrum disorder (ASD) is formally diagnosed by observing challenges in communication, social interaction, and repetitive behaviors.
- Autism is the result of long term overload of intracellular calcium that impairs physiological regulation, brain development, nerve function, sensory function, the immune system, and social interaction.

# Recovery Sequence

- Lighten the Load
- Change the Mode
- Balance the Body
- Grow & Flow

# Lighten the Load

- Wireless
- Mercury
- Aluminum
- Glyphosate
- EMF
- Screen time (interactive)
- Total toxic load
- Tylenol
  - acetaminophen
- Antibiotics
- Artificial light (blue light at night)



# Autism & Your Home



Air quality



Constant wireless sources



Water



Lighting (UV, IR)



Electromagnetic fields & noise



Screen time



Food



Personal care products & household products



Herbicides & pesticides

# Change the Mode

- Fight or flight mode
  - Not a sustainable state
  - Mode limits thinking & circulation
  - Release of energy to fight or flight
  - Detox, repair, de-prioritized or off

# How Do We Change the Mode?

- Sensory Therapies
- Nature
- Animals
- Breathing
- Cranial Sacral
- Stretching
- Neurofeedback
  - BrainState
- Environmental
  - Invisible Triggers
    - Wireless & EMF
    - Light flicker
    - Air Quality

# Balancing the Body

- MAPS Doctors, DAN! Doctors, or functional medicine doctors.
- Supplements that reduce intracellular calcium
  - Magnesium
  - B12
  - B6
- Mineral depletion

# Grow and Flow

- Calm and balanced enough to learn, grow naturally
- Sleep and pruning and trauma recovery
- Natural growth and learning with less noise & more signal
- Connect/reconnect
- Sensory, communication, learning, social
- Speech & occupational therapy
- ABA, movement therapies (Anat Baniel, etc.) should be more effective
- School, play

# Resources

- Slides and references
  - [clv.us/autism-simple](http://clv.us/autism-simple)
- Talks
  - Autism and Your Home
  - Wireless: A Key Piece of the Autism Puzzle
  - Ending Autism in Your Home and the World
  - Martin Pall-EMFs and Chemicals as the Two Main Drivers of the Autism Epidemic: Mechanisms of Action

# Online Resources

- Wireless Safety Card
- Clear Light Ventures
- Facebook Autism and EMF Group
- Safe Household and Personal Care Products
- EWG Healthy Living: Home Guide
- Autism Treatment Evaluation Checklist (ATEC)